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HOW DO INTENTIONS AND ENERGY AFFECT MANIFESTATION?

by Joe Gallenberger

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Mind over Matter. What does this expression mean? Focused thoughts or intentions combined with elevated energy have the ability to affect matter in the physical world. In other words, your focus and energy determine your reality.

Henry Holt's classical definition defines Psychokinesis (PK) as "the direct influence of mind on a physical system that cannot be entirely accounted for by the mediation of any known physical energy." In The Monroe Institute program, MC² (Manifestation and Creation Squared), we use a special, focused state of consciousness to achieve the ability to affect physical matter through nonphysical energy. We explore both touch and non-touch expressions of PK as we train this skill. This may include phenomena such as bending metal, accelerating seed growth, rolling dice in intended patterns, and influencing electronic equipment.

In training over forty MC² programs and eighty Inner Vegas Adventure™ workshops, I have explored the state of awareness most conducive to affecting physical matter. I feel that I still have more to learn. There does indeed seem to be an ideal awareness "zone," which can be taught and improved with experience, confidence, and practice. While PK can be experienced by any individual, it is often enhanced by group energy with an important caveat. For group energy to be facilitative, it must be coherent because PK is a coherent state of awareness. As close to 100% of the group as possible needs to be in a similar state of awareness. The following four steps can help a person arrive at an ideal PK state of awareness. Groups doing PK would go through these together.

At my MC² program in October, participants will experience these Hemi-Sync® meditation exercises while fostered within the sheltered beauty of The Monroe Institute®.

Four Steps to PK Using Hemi-Sync

1. Clearing - First, it is very important to let go of distracting thoughts and clear the mind. Monroe's Focus 10 is ideal for this. Then we release limiting beliefs such as "I

cannot do this" and limiting emotions such as fear. Special Hemi-Sync exercises help identify and help release such limits.

2. Raising Energy - When relaxed and clear, we begin to raise energy, often using verbal guidance presented in the higher Focus levels (such as Focus 12, 15, and 27). Such high energy is most easily generated by an open heart, so loving and elated feelings are facilitated by a focus on "that which makes the heart sing." This will be different for each person but often involves contemplation on events, persons, and places that result in feeling a deep sense of gratitude, abundance, joy, and love. We also encourage compassion because it allows us to transcend ego concerns that would interfere with the flow state presented in #4.
3. Focusing Intent - Once the mind is clear and energy is high, we then visualize our desired outcome. We reinforce our intent by affirming how our goal will be beneficial because PK is results-driven and usually will be weak if our motivation is weak.
4. Letting Go - PK, energy healing, and manifestation are flow states, so now it becomes important to release our intent, as in "let it go and let it flow." First, we surrender the illusion of separateness - from other people, the world, the object we intend to influence, and particularly any perceived separation between the physical world and the world of spiritual power. We also surrender any attachment to the outcome and affirm we are willing to align with the best purpose, even if that is different from what we consciously desire. This focused PK flow state is an ecstatic state, which means "outside oneself" in terms of ordinary concerns and boundaries.

Because the PK state is such a joyful one, participants in the program often report that their MC² experience is extremely fun, healing, and transformative. Once learned and experienced, the unique state of awareness associated with PK is accessible at home.